

TABLE 3. COMPARISON OF COW, GOAT, AND HUMAN MILK/100 gms			
FATTY ACID (gm)	COW	GOAT	HUMAN
<b>Saturated</b>			
Total	2.80	2.67	2.01
C4:0	.11	.13	—
C6:0	.06	.09	—
C8:0	.04	.10	—
C10:0	.08	.26	.06
C12:0	.09	.12	.26
C14:0	.34	.32	.32
C16:0	.88	.91	.92
C18:0	.40	.44	.29
<b>Monounsaturated</b>			
Total	.96	1.11	1.66
C16:1	.08	.08	.13
C18:1	.84	.98	1.48
C20:1	trace	—	.04
C22:1	trace	—	trace
<b>Polyunsaturated</b>			
Total	.12	.15	.50
C18:2	.08	.11	.37
C18:3	.05	.04	.05
C18:4	trace	—	—
C20:4	trace	—	.03
C20:5	trace	—	trace
C22:5	trace	—	trace
C22:6	trace	—	trace

**Source:**

Adapted from "Composition of Foods; Dairy and Egg Products", Agricultural Handbook No. 8-1, Agricultural Research Service, Washington, D.C.; USDA, 1976.